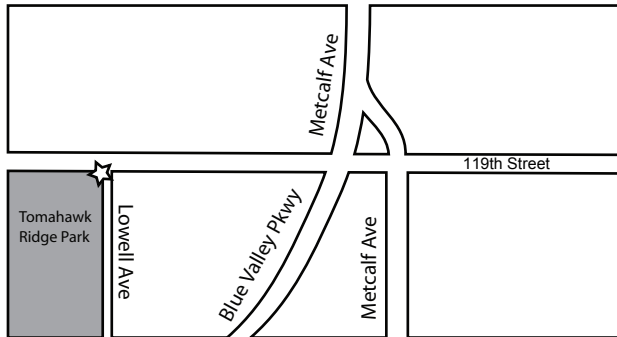

SkillBuilders

Education & Support for Widows, Widowers and Caregivers



Fall 2011

Thursdays, Sept. 8 to Nov. 17, 2011

Tomahawk Ridge Community Center

11902 Lowell Boulevard

Overland Park, Kansas

9:45–10:00 a.m. Coffee, Meet, Greet, Support

10:00–11:50 a.m. Program

Although classes are designed for widowed persons, anyone may attend. No pre-registration is necessary. There is no charge to attend.

Class Schedule

Sept. 8	Your Legacy, From I to We to Me	Jean Humphrey, Widow
Sept. 15	Home Security & Personal Safety	Officer Pete O'Malley, OP Police Department
Sept. 22	Preparing Lawn & Gardens for Winter	Nancy Chapman, Master Gardener
Sept. 29	Understanding Your Grief	Crossroads Hospice
Oct. 6	Winterizing Your Car	Jerry Singer, Singer Automotive
Oct. 13	Cooking for One	Lea Deo, Widow
Oct. 20	Managing Your Money	Steve Hamilton, VSR Financial Services
Oct. 27	Stress Management	JOCO 50 Plus & Jan George, RN
Nov. 3	Simple Home Repairs	Greg Selk, Remodeler
Nov. 10	Coping With The Holidays	Crossroads Hospice
Nov. 17	Estate Planning & Legal Issues	Frank Lewis, Attorney

Weather Policy: If Shawnee Mission Schools are closed for inclement weather SkillBuilders will not meet.

Heartland Widowed Persons Service, Coordinating Sponsor

SkillBuilders Classes are co-sponsored by:

Kansas City Hospice

816-363-2600

Crossroads Hospice

816-333-9200

Johnson County Parks & Rec 50+ Program 913-642-6410

For information concerning classes and other support services for widowed individuals, information pertaining to becoming a sponsor or information about making tax exempt donations, call or write to: Stephen E. Hamilton, WPS Board President, 9900 Juniper Lane, Overland Park, Kansas 66207; phone number 913-648-1520, fax 913-648-3520